

Players, parents, & fans:

Thank you for your participation in the YMCA 2010 Dodgeball League! We hope to have another great season this year. I've included the rules and game schedules in the following pages. Please look at your corresponding age bracket when looking at schedules. Also, please have all players look over the rules as well as the game schedules. Rules are subject to change, so please keep in mind, that some rules may be altered.

Some of the things to keep in mind:

- 1) Please behave in appropriate manners while playing and watching. No foul language is accepted at any time. You may be kicked out due to breaking this rule.
- 2) Dodgeball is a tough sport to watch everything, please let the referees do the refereeing and the players do the playing. If the referees miss a couple of calls, please keep in mind that everyone does miss a call every once in a while. We will make all calls to the best of our abilities.
- 3) The Norfolk YMCA will NOT tolerate any belligerent or obnoxious players or fans. If you do so, you will be asked to leave immediately.
- 4) It is ultimately up to the players to enforce and uphold the rules of dodgeball when playing. Dodgeball relies on the Honor system, in which officiating is determined more between players and less from the referees. However, if there is a controversial play, the referees will make the final call. In respect for the spirit of the game, and for players, there is absolutely no protesting to the officials.

Above all, we ask that all players have FUN, FUN, FUN! Get ready to dodge, duck, dip, and dive! Once again, we thank you for your participation and we hope that you have a great experience!

Sincerely,

Soshia Hollatz  
Youth Sports Director

# **2010 OFFICAL DODGEBALL RULES**

## **General Rules:**

1. Six people (5 male, 1 female) from each team play during a game in adult leagues, and is not required by youth leagues.
2. Each team will start with 3 dodgeballs
3. Players attempt to eliminate opponents by hitting them with the balls. If a player is hit with a live ball, that player is out.
4. Play continues until 1 team is eliminated.
5. Eliminated players will sit on the bleachers. Players are not allowed to play with gloves on--bare hands only.
6. Kicking a ball at an opponent during a game or in a showdown will result in the kicker being out.
7. Games will last 25 minutes in length. There is no set amount of matches per game.
8. Players may only hold or throw 1 ball at a time. You can not have more that 2 in your possession, unless catching an opponent's throw, (please look at rule #3 under Catch).

## **Scoring:**

1. Scores will be kept by point system. Matches won will not determine the amount of points scored in overall game.
2. Five points will be given to the winner of the game.
  - 3 points will be given to each team resulting in a tie.
  - 1 point will be given to the losing team.
  - \*Bonus Points: 1 point will be awarded for every 5 matches won. (these matches do not have to be won in sequence)

## **Boundaries:**

1. Centerline: Players are not allowed to step on or over the centerline. They are out if they do. You are allowed to reach across the centerline, however no more than an arms length!
2. Sidelines: These consists of the bleachers and the curtain. If you jump into the curtain, you will be out (including if you try dodging a ball thrown at you). If you jump onto the bleachers or fall into the bleachers while trying to dodge a ball, you are out.
3. Backline: The backline is the black line closest to the wall. Once the game begins, you are only allowed behind this line when you are retrieving a ball. You CANNOT stand near the wall to avoid being hit. You can fall behind this line, however, if you are trying to dodge a ball.

## **Starting the Game:**

1. Each team will start with 1 hand on the back wall (6 players total; look at General Rules #1 for beginning team amounts).
2. Three players per team will begin with a ball in their hand. In the adult league, 1 female must begin with a ball.

## **Hit:**

1. Clothing: Uniforms and accessories are considered part of a player's body.
2. Hit etiquette: If you are hit, please drop your held balls, raise your arm to signal that you are out, and leave the court immediately. Once on the sidelines, knocked-out players shall not kick or pass balls to their teammates. This is illegal and will result in the ball being turned over.
3. Player Out Clarification: A player is considered live until the ball that hits him or becomes dead by hitting another object (i.e. wall, ground, another ball, or player.)

## **Catch:**

1. Attempted catches: If a defender attempts to catch a live ball, but drops it, the defender is out.
2. If attempting to catch an opponent's thrown ball and knocks your ball out of your hands, you are out.
3. If you have a ball in your hand already and you catch a live ball, the thrown ball is considered live, therefore your opponent is out. However, once caught, you must drop one immediately (either to the ground or to a teammate.)

**PLEASE CONTINUE TO NEXT PAGE FOR ADDITIONAL RULES**

## 2010 OFFICIAL DODGEBALL RULES (continued)

### Blocks & Dropped Balls:

If you drop your blocking ball as a result of trying to block an opponent's ball, you are out. If a ball hits your fingers or hand first while trying to block, you are out.

Deflection exception: If a ball deflects off a player's body, only that player can catch it afterwards. You are the only one that can catch the deflected ball to remain in the game, not another player!

If a defender deflects a ball and drops his/her ball used for deflection, this person is out.

Dead balls: Any ball that hits any surface including players, a held ball, another ball in mid-air, floor, wall, etc., becomes a dead ball.

### Other Plays:

Kamikaze plays: Players are not allowed to deliberately jump across the centerline to make a play. They will automatically be called out.

When the 25 minute length is up, and there are still players on the court, this will be a Sudden Death (showdown):

If there is only 1 player left from each team,

Referee count down 10 seconds and then the game is immediately paused. The centerline boundary is dissolved, leaving the whole court open. Players begin with 2 balls in their hands at their endlines. The other 4 balls go at the ends of the centerline. When ready, sudden death begins by a signal from the referees.

Tagging the opponent in a showdown will not count; balls must be thrown in order to get someone out.

If there is a tie amount of players on the court

The first team that knocks out an opponent will be declared the winner.

### Other Details:

No timeouts or substitutes will be allowed during game play. Substitutes are allowed only when beginning a new match.

Five Second Violation: In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side for more than 5 seconds. This also applies to tied teams. If this occurs, both teams have to roll their balls to the opposite team's side. Referees will have ultimate say in enforcing this rule.

***Honor System: It is ultimately up to the players to enforce and uphold the rules of dodgeball when playing or refereeing. Dodgeball relies on the Honor system, in which officiating is determined more between players and less from the referees. However, if there is a controversial play, the referees will make the final call. In respect for the spirit of the game, and for players, there is absolutely no protesting.***

\*These rules are subject to change, so please be aware that some rules may be altered.

# 2010 Youth Dodgeball Game Schedule; Ages 10-13

Team #	Team Name/Captain's Name
1	Bengals/Jacob Beed
2	Panthers/Tyler Hagedorn
3	Pulverizers/Tayln Meyer
4	Red Knights/Jarod Marsden
5	Dodgers/Elliot Matteo
6	Divers/Hayden Rucker
7	White Knights/Michael Stinson
8	Wildcats
9	Ducks
10	Thunder

<i>March 1st</i>		
Teams	Time	Court
2 vs. 1	5:30 p.m.	North
3 vs. 10	5:30 p.m.	South
4 vs. 9	6 p.m.	North
5 vs. 8	6 p.m.	South
6 vs. 7	6:30 p.m.	North

<i>March 8th</i>		
Teams	Time	Court
8 vs. 6	5:30 p.m.	North
1 vs. 7	5:30 p.m.	South
2 vs. 3	6 p.m.	North
9 vs. 5	6 p.m.	South
10 vs. 4	6:30 p.m.	North

<i>March 15th</i>		
Teams	Time	Court
6 vs. 9	5:30 p.m.	North
7 vs. 8	5:30 p.m.	South
5 vs. 10	6 p.m.	North
4 vs. 2	6 p.m.	South
3 vs. 1	6:30 p.m.	North

<i>March 22nd</i>		
Teams	Time	Court
10 vs. 6	5:30 p.m.	North
3 vs. 4	5:30 p.m.	South
2 vs. 5	6 p.m.	North
1 vs. 8	6 p.m.	South
9 vs. 7	6:30 p.m.	North

<i>March 29th</i>		
Teams	Time	Court
5 vs. 3	5:30 p.m.	North
7 vs. 10	5:30 p.m.	South
6 vs. 2	6 p.m.	North
8 vs. 9	6 p.m.	South
4 vs. 1	6:30 p.m.	North

<i>April 5th-Tournament</i>
Single Elimination Tournament Schedule will be available by Thursday, April 1st. It can be found on our website, <a href="http://www.norfolkymca.org">www.norfolkymca.org</a>

# 2010 Youth Dodgeball Game Schedule; Ages 14-17

Team #	Team Name/Captain's Name
1	Colby Spence
2	Young Money/Chris Deuel
3	Kaleb Jaspersen
4	Hurricanes/Dexter Renter

<i>March 1st</i>		
Teams	Time	Court
2 vs. 1	6:30 p.m.	South
3 vs. 4	7 p.m.	North

<i>March 8th</i>		
Teams	Time	Court
4 vs. 2	6:30 p.m.	South
1 vs. 3	7 p.m.	North

<i>March 15th</i>		
Teams	Time	Court
4 vs. 1	6:30 p.m.	South
2 vs. 3	7 p.m.	North

<i>March 22nd</i>		
Teams	Time	Court
2 vs. 1	6:30 p.m.	South
3 vs. 4	7 p.m.	North

<i>March 29th</i>		
Teams	Time	Court
4 vs. 2	6:30 p.m.	South
1 vs. 3	7 p.m.	North

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# 2010 Adult Dodgeball Game Schedule

Team #	Team Name/Captain's Name
1	Zonkers/Jess Pick
2	Balls Out/Luis Zaenz
3	Scrubs/Jake Ohl
4	Jerry's Neighbors/Travis Jordan
5	Tiffany Bittner
6	Racers/Jerod Neuhalfen
7	Lone Wolves/Nick Sullivan
8	Peterbuilt Goblers/Sam Prien
9	The 5 'D's/Marinda McAllister
10	Shopko Shockers/Dustin Werner

Team #	Team Name/Captain's Name
11	Shopko Shooters/Chad Miller
12	Bushwackers/Carly Adams
13	Collins Home Improvement/Matt Behrens
14	The Stepdads/Nicole Polt
15	Agitators/Amanda Mortland
16	Nuthin' Speshall/Matt Hathaway
17	Wrenches/Aaron Menke
18	Big Hitches/Bree Wolff
19	Covidien Team 1
20	Covidien Team 2

<i>March 1st</i>		
Teams	Time	Court
4 vs. 16	7 p.m.	South Court
1 vs. 2	7:30 p.m.	North Court
9 vs. 11	7:30 p.m.	South Court
10 vs. 18	8 p.m.	North Court
8 vs. 12	8 p.m.	South Court
6 vs. 14	8:30 p.m.	North Court
5 vs. 15	8:30 p.m.	South Court
7 vs. 13	9 p.m.	North Court
3 vs. 17	9 p.m.	South Court

<i>March 8th</i>		
Teams	Time	Court
16 vs. 19	7 p.m.	South Court
15 vs. 17	7:30 p.m.	North Court
20 vs. 18	7:30 p.m.	South Court
12 vs. 14	8 p.m.	North Court
10 vs. 11	8 p.m.	South Court
6 vs. 9	8:30 p.m.	North Court
2 vs. 4	8:30 p.m.	South Court
3 vs. 1	9 p.m.	North Court
13 vs. 8	9 p.m.	South Court
5 vs. 7	9:30 p.m.	South Court

<i>March 15th</i>		
Teams	Time	Court
5 vs. 1	7 p.m.	South Court
15 vs. 11	7:30 p.m.	North Court
6 vs. 2	7:30 p.m.	South Court
18 vs. 14	8 p.m.	North Court
16 vs. 12	8 p.m.	South Court
20 vs. 17	8:30 p.m.	North Court
8 vs. 4	8:30 p.m.	South Court
3 vs. 9	9 p.m.	North Court
13 vs. 19	9 p.m.	South Court
10 vs. 7	9:30 p.m.	South Court

<i>March 22nd</i>		
Teams	Time	Court
9 vs. 2	7 p.m.	South Court
10 vs. 5	7:30 p.m.	North Court
1 vs. 8	7:30 p.m.	South Court
11 vs. 18	8 p.m.	North Court
19 vs. 12	8 p.m.	South Court
14 vs. 16	8:30 p.m.	North Court
4 vs. 6	8:30 p.m.	South Court
20 vs. 15	9 p.m.	North Court
7 vs. 3	9 p.m.	South Court
17 vs. 13	9:30 p.m.	South Court

<i>March 29th</i>		
Teams	Time	Court
17 vs. 19	7 p.m.	South Court
18 vs. 15	7:30 p.m.	North Court
16 vs. 20	7:30 p.m.	South Court
14 vs. 11	8 p.m.	North Court
4 vs. 1	8 p.m.	South Court
6 vs. 10	8:30 p.m.	North Court
9 vs. 7	8:30 p.m.	South Court
8 vs. 5	9 p.m.	North Court
12 vs. 13	9 p.m.	South Court
2 vs. 3	9:30 p.m.	South Court

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